



Tofu Scramble

FoodHero.org



Ingredients



- 14 ounces extra firm tofu
 - 1 cup onion, chopped
 - 1 cup bell pepper, chopped (any color)
 - 1 tsp oil
 - 10 ounces frozen chopped spinach, thawed/drained
 - 1 tsp garlic powder or 4 garlic cloves minced
 - 1/4 cup cheddar cheese
 - 1/2 tsp pepper
 - 1/2 tsp salt
- Yield: 5 cups
Serving Size: 1 cup



Directions



1. Drain and press tofu to remove extra liquid. Crumble; set aside.
2. In a medium skillet over medium heat, sauté onion and bell pepper in oil until tender, 5-7 minutes.
3. Add spinach, garlic, salt and pepper. Stir to combine.
4. Add tofu; cook and stir until heated through. Sprinkle cheese over the top. Serve hot.
5. Refrigerate leftovers within 2 hours.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Cooking Tips

- Try cumin or chili powder to add more spice.
- Add other veggies on hand.

Nutrition Facts



Nutrition Facts	
Serving Size 1 cup (206g)	
Servings Per Container 5	
Amount Per Serving	
Calories 140	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 310mg	13%
Total Carbohydrate 10g	3%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 11g	
Vitamin A 150% • Vitamin C 70%	
Calcium 30% • Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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